

## On the Divine Liturgy

### What is the “Anaphora?”

*Anaphora* is a Greek word meaning “carrying up,” or offering. In the Old Testament, the priest, would offer up an animal sacrifice to God. In this case, the offering is bread and wine that we are bringing to God and asking they be consecrated at the altar in Heaven. You’ll note that even before the gifts are consecrated, we thank God (“Let us give thanks to the Lord”). This is similar to the way that Jesus would thank God before he preformed His miracles;

Then Jesus, deeply moved again, came to the tomb; it was a cave, and a stone lay upon it, and Jesus said, “Take away the stone. “ Martha, the sister of the dead man, said to him, “Lord, by this time there will be an odor, for he has been dead four days. “ Jesus said to her, “Did I not tell you that if you would believe you would see the glory of God?” So they took away the stone. And Jesus lifted up his eyes and said, “Father I thank you that you have heard me. I knew that you hear me always, but I have said this on account of the people standing by, that they may believe that you sent me. “ When He had said this, he cried with a loud voice, “Lazarus come out.” The dead man came out, his hands and feet bound with bandages, and his face wrapped with a cloth. (John 11:38-44)

You’ll notice that first Jesus thanked the Lord and *then* the miracle occurred.

from Guide to the Divine Liturgy, by Robert Krantz

### From the Fathers

*Has so-and-so slandered you? Don't give in to hatred. If you hate the slanderer, you are hating a person and therefore breaking the commandment to love. The evil done with words you are now doing by your deeds. On the other hand, if you keep the commandments, you are helping the other as much as you can to become free from this sin... The more you pray with all your heart for the one who has slandered you, the more readily God reveals the truth to those whom the slanderer has scandalized.*

St. Maximos the Confessor

## Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



July 12, 2020

5<sup>th</sup> Sunday of Matthew

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July 12, 2020  
5<sup>th</sup> Sunday of Matthew

Commemoration of: Proklos & Hilarios the Martyrs in Ancyra;  
Veronica, the woman with the issue of blood who was healed by Jesus

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Apolytikia - Entrance Hymns

*To fethron* (Hymn of the Day) Tone 4  
*Having learned the joyous news of the angel of Your resurrection, the disciple women of the Lord, and having rejected the ancestral judgment to the Apostles with boasting did they proclaim, death is despoiled Christ our God has risen granting to the world the great mercy.*

*Tu Stavru Su* (Hymn of the Church) Tone 8  
*Having seen in the sky the form of Your Cross and, like Paul, having received his calling not from men, Your apostle among Kings, Lord, placed his reigning city in Your hand, which forever you guard in peace, by the intercessions of the Theotokos, for You alone are the lover mankind.*

Kontakion

*Prostasia ton Hristianon* Tone 2  
*O protection of Christians that can not be put to shame, mediation to the Creator immovable. Do not over look, the pleading voices of those in sin, but be in time as a kind one to our help, who in faith cry out to You: Hasten to intercede and be quick to beseech. You who always protect, Theotokos, those who honor You.*

Epistle Reading

Romans 10:1-10

BRETHREN, my heart's desire and prayer to God for Israel is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

Gospel Reading

Matthew 8:28-34; 9:1

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to

do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

## Announcements

Today

SUN, 7/12– 5th Sunday of Matthew; Adult Religious Education via Zoom: "A Journey to Fullness– Salvation as Participation" 1:30 p.m.

This Week

WED, 7/15– Feast Day of Julitta & Kyrikos the Martyrs via Zoom: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.; Young Adult Fellowship via Zoom on "Confession" Session 3 @ 5 p.m.

THU, 7/16– Prayer Ministry 11 to 12:30 p.m.

FRI, 7/17– Metropolis Clergy Zoom Meeting 9:30 a.m.

SAT, 7/18– Great Vespers via Zoom 5:30 p.m.

SUN, 7/19– Sunday of the Holy Fathers; Adult Religious Education via Zoom: "A Journey to Fullness- Orthodox Worship" 1:30 p.m.

Please remember to make your reservation online!

[click on this link to make a reservation.](#)

More information is on our Church Website at: [www.greekorthodoxhawaii.org](http://www.greekorthodoxhawaii.org)

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